

KEWANEE

HORIZONS



DOMESTIC VIOLENCE AWARENESS MONTH

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BLACK=KEWANEE CONTRIBUTORS
BLUE=OTHER FACILITY CONTRIBUTORS
RED=FREE WORLD CONTRIBUTORS

MISSION STATEMENT

Kewanee Horizons has adopted the Restorative Justice and community theme. Partly because this has been the fight of our lives, those of us who have sought, not only freedom in its many forms, but, also a way to give back, rebuild, and uplift our communities.

We give back because of what we have been given. We rebuild, by restoring back to a state of before our offenses.

We uplift, by a conscious and consistent effort to better ourselves as well as those around us.

Kewanee Horizons will work to highlight the achievements of our community both on campus and off, inside facilities and outside. Whether individually or collectively and no matter the uniform we wear. We're going to look into the daily lives on our campus and across the state to other facilities on a regular basis. We are hoping to open the eyes to the limitless potential there is in our population, to advocate for more participation in programming, and to give recognition to those who succeed. We want to remain as interactive as possible so Kewanee Horizons will be picking your brains for ideas and accepting submissions to make this as interactive as possible. This publication is put together for the purpose of uplifting mind, body and spirit.

RESTORATIVE JUSTICE

KEWANEE LSRC has agreed to allow us, consistent with COVID protocols, to engage in more Restorative Practices. In the *Horizons* newsletter you will see the terms **RESTORATIVE JUSTICE** and **RESTORATIVE PRACTICES** very often.

The aim of Restorative Practices is to develop community and to manage conflict and tensions by repairing harm and building relationships. Restorative Justice in general, is a process involving the primary stakeholders in determining how best to repair the harm done by an offense. The three primary stakeholders in Restorative Justice are: the victims, the offenders, and their communities of care; their needs are respectively: obtaining reparation, taking responsibility, and achieving reconciliation.

The Kewanee Horizons team believes creating a better community here is Restorative. By indirectly repairing damages and by giving back to our current community and with greater communities at large, we are engaging in Restorative Practices.

**Community: A group of people with a common characteristic
Or interest living together with in a larger society.**


Merriam-Webster's Collegiate Dictionary Eleventh Edition

WE SEE YOU

Hello everyone. Thank you once again for taking some time out of your day to check out our latest volume of Kewanee Horizons. We appreciate you. We have been receiving submissions on a regular basis now from different facilities and even a few things from the free world. We here at K.H. are inspired by all of the amazing things we are receiving, the letters, articles, and works of art. Please keep it coming. We also hope that those of you who have been published in our pages feel that we have done your work some justice in the way it is presented.

We are also inspired by the other publications becoming available on the tablet. We love reading all of them: **Feather Bricks**, **Graham Vets**, **Two Roads**, and we hope you enjoy reading **Kewanee Horizons**, and we know that there are more coming! K.H. feels that every time something new is published we are all engaged in new ways that speak to and about our community. Every title is unique in the way it tackles the issues of incarceration. We want to thank all of you for your work.

We take our Mission Statement extremely serious; we try to find new ways to push forward every chance we get to live by our understanding of Restorative Justice. We see how the rest of our community is trying to engage in Restorative Justice Practices and we feel our community coming together. These publications are more than just profiles, articles, pictures etc.; in our minds every publication is a new thread weaving a new color into a tapestry of positive change in our collective mindset.



We have our first submissions from some of our sisters in Logan and Decatur in this volume, we have high hopes that their contributions will keep coming and stay as inspirational as these are. Inclusion is fundamental to community building and we see it both ways, as us including their voices, and as them allowing us to be included in their lives. We appreciate you Amber and Tammy, please keep inspiring and working to change the narrative about prisoners in Illinois. One of the most rewarding aspects of this whole project is when we receive articles in the mail from YOU. It literally makes our day every single time we receive a new contribution.

Another thing that really gets us charged up is the acknowledgement we get from our fellow publications; (we see you *Feather Bricks*!) we thoroughly enjoy reading everything we see on the tablets and to be mentioned by our peers in a positive way is very uplifting. Some of K.H.'s team really, really know some of the main contributors from that group and we are proud to be mentioned by those brothers. We love what you are doing and we wanted to make sure we made space in this issue to acknowledge your hard work and encourage you to continue doing what you're doing, it's working. We know how hard it is to put something together from scratch with limited resources, it can be frustrating and you may have doubts at times but we really want to emphasize that your hard work is not going unnoticed. We see you and we believe in your cause. Benny and Tall Mike we see you giving back and we know that you have always been the type of guys to reach back and give freely of yourselves whenever and however you could. It is an amazing thing to see you teaching our fellow community members, thank you.

LOGAN ANSWERS THE CALL 📞

BY: Amber "Coco" Cannella @Logan C.C.



I first got to IDOC in 2015. In the X house I would see these girls walking dogs and they were smiling, free to walk around this big backyard, that was the moment I said to myself "that's what I want to do, I gotta get over there." Finally, 10 months later, I did. I made it through hard work and my security level dropped, I moved off the max unit to general population. I moved with the intentions to get into the Helping Paws Program. Helping Paws has been around 20+ years where we incarcerated women trained dogs for service for people with ailments. To be part of something so important, I finally felt like I was doing a good thing.

As the years go by I get better and more educated on the skills I'm being taught. I now am a Dog Trainer and Certified through the Illinois Department of Labor Board and will be able to take this skill (I will call it my purpose) on the outside and provide for myself, and give

back to the people who have lost their independence, giving someone their dignity back has been more rewarding to all of us here at Helping Paws.

That's why we do what we do, because not only are we giving recipients a second chance but we are also getting a second chance at life. I would like to thank Paws Giving Independence, and Mid America Service Dogs Foundation for allowing us to be a part of something so meaningful. I have truly found my purpose here, and to be able to love what you do (and be good at it) is freeing in itself. That's what I and so many of the women I work with on a daily basis have learned how to do with our time. We all have different ethnicities, beliefs, and come from different socioeconomic backgrounds. We come together come hell or high water and work together as a pack. Sometimes we can't stand the circumstances around us but together we manage to all have the same goal in the end, a fully trained service dog to make it to that recipient who is waiting for them. That's what my community has taught me. Amber "Coco" Cannella

***"Any fact facing us is not as important as
our attitude toward it, for that determines
our success or failure"***

-Norman Vincent Peale

Author of "The Power of Positive Thinking"

DECATUR ANSWERS THE CALL

By: Tammy Englerth @ Decatur C.C.

“The Voice Within”

My name is Tammy Englerth. I have been incarcerated for almost 18 years. The first part of my incarceration was the roughest, dealing with everything I felt like I had no purpose. Our prison system is so full of negativity. I realized it's our choice to make our time positive. I have been a peer educator for over 7 years now. I taught life smart and teach the Civics Re-entry Class. I've gotten my GED, taken college classes, and now proudly to say 8 credits away from my associates degree. **It's our choice how we utilize our time.** We shouldn't have to have incentives to better ourselves. I am determined to help others and become a domestic violence advocate. I wake up everyday thinking what I can do to help others. I write a university and have published poems. I advocate for victims through the mail. I can't change what happened but I can use my time to help others so the same thing won't happen to them. Our mistakes don't define us. They are our stepping stones to our brighter future. I hear others so often say IDOC doesn't offer enough, but it is up to us to make the best of what we do have and help bring more. We have to want to change in order to. We all need to encourage others and make others smile, after all, it takes way more muscles to frown than it does to smile. No matter if someone is 75% - 85% - 100% there is always hope. I am at 100% and now excited to say I'm leaving for work release any day. I can only say use your time to better yourself and help others do the same. Just because you're locked up, your voice matters.

DOMESTIC VIOLENCE FACTS

On average, nearly 20 people per minute are physically abused by an intimate partner in the United States. During one year, this equates to more than 10 million women and men.

1 in 4 women and 1 in 9 men experience severe intimate partner physical violence, intimate partner contact sexual violence, and/or intimate partner stalking with impacts such as injury, fearfulness, post-traumatic stress disorder, use of victim services, contraction of sexually transmitted diseases, etc.

1 in 3 women and 1 in 4 men have experienced some form of physical violence by an intimate partner. This includes a range of behaviors (e.g. slapping, shoving, pushing) and in some cases might not be considered "domestic violence."

1 in 7 women and 1 in 25 men have been injured by an intimate partner.

1 in 10 women have been raped by an intimate partner.

1 in 4 women and 1 in 7 men have been victims of severe physical violence (e.g. beating, burning, strangling) by an intimate partner in their lifetime.

1 in 7 women and 1 in 18 men have been stalked by an intimate partner during their lifetime to the point in which they felt very fearful or believed that they or someone close to them would be harmed or killed.

On a typical day, there are more than 20,000 phone calls placed to domestic violence hotlines nationwide.

The presence of a gun in a domestic violence situation increases the risk of homicide by 500%.

Intimate partner violence accounts for 15% of all violent crime.

Women between the ages of 18-24 are most commonly abused by an intimate partner.

19% of domestic violence involves a weapon.

Domestic victimization is correlated with a higher rate of depression and suicidal behavior.

Only 34% of people who are injured by intimate partners receive medical care for their injuries.

RAPE

1 in 5 women and 1 in 71 men in the United States has been raped in their lifetime.

Almost half of female (46.7%) and male (44.9%) victims of rape in the United States were raped by an acquaintance. Of these, 45.4% of female rape victims and 29% of male rape victims were raped by an intimate partner.

STALKING

19.3 million women and 5.1 million men in the United States have been stalked in their lifetime.¹ 60.8% of female stalking victims and 43.5% men reported being stalked by a current or former intimate partner.

HOMICIDE

A study of intimate partner homicides found that 20% of victims were not the intimate partners themselves, but family members, friends, neighbors, persons who intervened, law enforcement responders, or bystanders.

72% of all murder-suicides involve an intimate partner; 94% of the victims of these murder suicides are female.

CHILDREN AND DOMESTIC VIOLENCE

1 in 15 children are exposed to intimate partner violence each year, and 90% of these children are eyewitnesses to this violence.

ECONOMIC IMPACT

Victims of intimate partner violence lose a total of 8.0 million days of paid work each year.

The cost of intimate partner violence exceeds \$8.3 billion per year.

Between 21-60% of victims of intimate partner violence lose their jobs due to reasons stemming from the abuse.

Between 2003 and 2008, 142 women were murdered in their workplace by their abuser, 78% of women killed in the workplace during this timeframe.

PHYSICAL/MENTAL IMPACT

Women abused by their intimate partners are more vulnerable to contracting HIV or other STI's due to forced intercourse or prolonged exposure to stress.

Studies suggest that there is a relationship between intimate partner violence and depression and suicidal behavior.

Physical, mental, and sexual and reproductive health effects have been linked with intimate partner violence including adolescent pregnancy, unintended pregnancy in general, miscarriage, stillbirth, intrauterine hemorrhage, nutritional deficiency, abdominal pain and other gastrointestinal problems, neurological disorders, chronic pain, disability, anxiety and post-traumatic stress disorder (PTSD), as well as non-communicable diseases such as hypertension, cancer and cardiovascular diseases. Victims of domestic violence are also at higher risk for developing addictions to alcohol, tobacco, or drugs.

-All facts are from the **NATIONAL COALITION AGAINST DOMESTIC VIOLENCE** website.

A Personal Story of Domestic Violence

BY: Byron Jones

When you hear the phrase Domestic Violence, usually the first thing that comes to mind is physical abuse. But, there are a few other dimensions under the umbrella of Domestic Violence. You have verbal, emotional, and mental abuse. Each one plays a different role in your psyche depending on the way in which you experience them.

For me, I have experienced them all in different forms, some personally, others vicariously... I grew up in a household with both parents, but only one had a voice. And when his speaker box roared, it was like a lion instilling fear into gazelles. My Mother was the sweetest person you could meet. However, for no reason other than my Father's demons and insecurities, she experienced every facet of domestic violence. He was one of those men that was very possessive and dictated everything we did. If my Mother wanted to go somewhere, she would have to ask him, even if she wanted to go and see her family. And, unless it was a holiday, most likely the answer would be NO! if she told me I could go outside without his permission, he would aggressively curse her out. (Verbal). His tone was always aggressive and loud, so much so, if either one of us started to cry because of the way he spoke, he would make us stop. (Emotional). Going through turmoil on a consistent basis instilled so much fear in our minds, we were walking around the house on eggshells, only able to breathe freely when he wasn't around, and even then, we were dreading the moment he walked back in the door. (Mental). -With fear already embedded in our minds from his screaming and revocation of our freedom, he still found an excuse to physically abuse my Mother.

I remember one of the few times we were able to go to my Grandmother's house, we received a ride back by a family friend who was a male. My Father didn't approve of that, and so he physically abused my Mother for what seemed like hours, and as a young child (maybe 7) all I could do was helplessly sit in my room and cry because I was scared. A short while after that incident, I tried to free us from his wrath by attempting to kill my Father through poison... At that moment my fear was replaced with anger.

I shared that to say this... when witnessing and enduring these traumatic experiences, you either become a product of your environment imitating the actions you see before you, or you turn that pain into triumph and your environment motivates you to be better than those experiences. You hear the phrase "hurt people hurt people", meaning: what me and my Mother endured was traumatizing and painful... but as a servant of humanity I live my life with the purpose to prevent others from going through what we went through. I have never inflicted the same pain I experienced onto someone else. Through the equipment of my Mother's characteristics I treated people as I would like to be treated. I have always treated women with dignity and respect; the manner in which they deserved. And well, my Father taught me what not to be... Furthermore, I share my story through inspirational lenses, authenticating that we can break the cycles of pain by tapping into our courage, and making the conscious decision to be selfless and heal others while healing ourselves.



A VOICE FOR CHANGE



Violence, in any form, is always tragic and when compounded with the reality of coming from someone inside of the home (or relational), it allows the trauma to be even more cancerous. Years upon years, layers upon layers, of generational violence have been imprinted upon so many of us that it seems outside of normalcy to not have experienced it.

Seeing women slapped around was as normal as seeing roaches inside of an apartment. You become numb to these things as the monotony of incidence occur so often that you begin to embrace it as part of the culture.

That is what is amazing about the hypocrisy of it all; we will proudly tout that we are the protectors of our family while simultaneously brutalizing and abusing the ones that we are responsible for.

What are we doing?

Violence inside of the home is not only restricted to the male ego because many of us have seen women that were equally aggressive. Some believe that trauma can only be caused by physical abuse, but ask those who have experienced extreme deprecation how they were affected by this humiliation. For some, this can become completely devastating as their self-confidence and awareness are destroyed, leading into a freefall of hopelessness and depression. Remember how isolated, alone,

and defeated that you felt in 2020 locked in a room for extended periods, now imagine someone feeling like that being hit with an onslaught of malicious verbiage.

We all seek refuge, and humans innately want to survive but, when the home is unsafe (or unfriendly), the mind is forced to be on stress alert constantly.

We, as civil adults, must be intolerant to vagrant abuse or aberrant behavior, especially when it comes to those that are unable to defend themselves. I am not justifying nor encouraging any scope of violence, but we must know that most times, inaction is just as complicit as the act itself. There must be a choice to speak up and out to discourage these situations. There is a saying that the only thing evil needs in order to flourish is that good people do nothing. How true this is...

Courage means strength in the face of pain or danger, but for those who study words, the Hebrew word for courage is “Amatz” which also means to “be alert or aware.” We must be aware of the violence that not only affects us directly but those who suffer in silence that are standing right next to you. Minding your business does not mean ignoring someone else’s safety or pain. We are an interdependent community, not just in this facility, but globally and if you think that another’s’ suffering does not affect you, go ask a statistician why suicide rates, gun violence, and purchases have risen. Or is all of this simply counted as inner city gang violence?


Domestic violence is just as relevant of a threat as domestic terrorism; it threatens the lives and freedoms of people. Especially, but not exclusive to, people whose inalienable rights include: Life, Liberty, and the Pursuit of Happiness.

The Resentencing Task Force (RTF)

On behalf of the Resentencing Task Force (RTF), I want to thank all who have written to share their stories and suggestions for a good resentencing policy. So many letters have come in that I wanted to write to you all through the newsletter to express the RTF's gratitude and to let you know where things stand.

I also want you to know that your friends and family have been reaching out to us through phone calls and email. Their absolute commitment to working for your release and to bringing your voices to this work is inspiring.

The RTF had a public hearing on September 29th. We heard from your family members, and men who have served long sentences in IDOC. The RTF members were also informed of your responses and will be given a document summarizing your suggestions for resentencing and common themes you talked about, including pursuing programming despite not receiving credit, and how you've grown and aspired to change even when programming was not available. On December 2nd, the RTF will meet one more time to adopt the final report. Some quotes from your letters will be included in the final report to help readers understand the experience of incarceration and rehabilitation. To protect your privacy, only your initials, the sentence imposed, and years left to serve will be used.



For those who asked the RTF to recommend or consider your requests for resentencing, I am sorry that we do not have the power to do that. At this point in time, only state's attorneys can file motions for resentencing. At the public hearing, several witnesses described how some state's attorneys treated their requests for resentencing review. The task force report will have a recommendation that incarcerated people be allowed to file their own petitions and be given a lawyer to help, so that it will not be solely up to state's attorneys.

I will send copies of our report to every facility library, and it will be on the SPAC website if you have access to the internet. Of course, the report is only the first step. It will be up to the legislature to pass a law that creates a new resentencing process. Ultimately, it will be up to a judge to decide whether a person receives a new sentence. Whatever happens in individual cases, the Sentencing Policy Advisory Council will track the results of the resentencing system.

Again, thank you all for speaking up and speaking out. Your voices have been heard.

Kathy Saltmarsh

This letter from Kathy Saltmarsh can serve as another reminder to all of us that there are people out there who believe in us, they believe in our community's humanity and potential to do good work. They believe in our engagement in Rehabilitative and Restorative Practices. **K.H.** would like to also extend our gratitude to all of our fellow community members who put in the time and effort to reach out and put forth comments on our community's behalf.

RESOURCE FAIR

On September 29th, individuals at Kewanee LSRC showed up in droves to take part in a Re-Entry Resource Fair. Business leaders, not-for-profit organizations, and government entities volunteered time out of their day to come into KLSRC to mingle with individuals and provide insight and advice on services and opportunities available to us prior to and upon release.

The turn-out to the event was overwhelming and all the participants took it in stride and were more than happy to patiently explain who they were and exactly what they do (numerous times), to everyone that ventured to their tables. There was a wide variety of groups represented that included but were not limited to:

-Workforce: A staffing agency with offices across Illinois (**jobs4people.org**)

-Kraig Kisting: Director of Human Resources and Career Targeted Resources for National Tube Supply, a manufacturing company in Joliet, IL.

-Northern Illinois University: Center for Governmental Studies and Workforce

-Illinois Central College Board of Communications

-Project Now: A community action agency helping connect people struggling to meet very basic needs such as housing, street outreach, clothing vouchers, and utility assistance.

(www.projectnow.org)

-Midwest Trailer Manufacturer



- Illinois Department of Employment Security
- Directors of Construction Trade Apprenticeship Programs

We want to thank everyone who volunteered their time to make this event happen, including KLSRC staff and individuals that came out to make it such a huge success. The knowledge and resources gained from this are invaluable and we are all extremely grateful to have community leaders such as this that are willing to share their knowledge and experience with us.



IDOC on Insta



idoc_illinois
Stateville Correctional Center



12 likes

idoc_illinois Yesterday, 16 students at Stateville Correctional Center graduated with associate degrees from Oakton Community College. Thank you to Reginald Dwayne Betts, founder of @freedomreads_ for giving the commencement speech at the ceremony

#idoc #higheredinprison #collegeinprison
#collegebehindbars #prisoneducation
#oaktoncommunitycollege #northwestern
#reentrymatters



Oakton
Community College

Yesterday, (10/12/22) 16 students at Stateville Correctional Center graduated with associate degrees from Oakton Community College. Thank you to Reginald Dwayne Betts, founder of @Freedomreads for giving the commencement speech at the ceremony



idoc_illinois
Stateville Correctional Center



idoc_illinois
Stateville Correctional Center



13 likes

IDOC in the News



IDOC partners with Freedom Reads to open prison libraries

10/12/22

LINCOLN, Ill. (WAND) — The Illinois Department of Corrections announced the opening of five Freedom Libraries at Logan Correctional Center on Wednesday morning.

IDOC partnered with the national nonprofit Freedom Reads to open the libraries. Made with wood and curved to provide a contrast to the right angles found in prisons, the Freedom Libraries have been filled with a curated selection of books. The selections are intended to provide new avenues of thought to the individuals in custody.



“With the opening of these Freedom Libraries in Logan Correctional Center, we hope to remind of a key principle of this life: To read is to remember a little bit more of who we are,” said Reginald Dwayne Betts, Founder and Executive Director of Freedom Reads. “We are grateful that the Illinois Department of Corrections shares our goal of creating opportunities for daily engagement with literature inside their facilities and a space in prison for books, inquiry, imagination, and community.”

The opening of these libraries marks the first opening of a Freedom Library in a women’s correctional facility.

“IDOC is excited to welcome Reginald Dwayne Betts and Freedom Reads for a performance at Logan Correctional Facility as we announce the opening of its five Freedom Libraries,” said Director Rob Jeffreys, Illinois Department of Corrections. “Research is clear – expanding library and information opportunities for individuals in custody correlates to more successful community reentry. We look forward to continuing our partnership with Freedom Reads to provide even more literature access to individuals in our facilities across Illinois.”

Providing reading materials to prisoners is not a new concept in Illinois. UC Books to Prisoners has been operating in Urbana since 2004.



Founder & Director

Reginald Dwayne Betts is a poet and lawyer, and the founding Executive Director of Freedom Reads. He is also a 2021 MacArthur Fellow. But on some fundamental level, what feels more significant than the awards that he has won or the books that he has published is that he’s helped get three men out of prison who he served time with and is working to get others out. His books include his latest poetry collection, *Felon*; the memoir, *A Question of Freedom*; and two previous collections of poetry, *Shahid Reads His Own Palm* and *Bastards of the Reagan Era*. In 2019, Betts won the National Magazine Award in the Essays and Criticism category for *Getting Out*, his New York Times Magazine essay that chronicles his journey from prison to becoming a licensed attorney. Dwayne holds a J.D. from Yale Law School.



PARENTING WHILE INCARCERATED

The guys here at Kewanee Horizons hope that our recent articles about parenting have been helpful to any or all the mothers and fathers that read this throughout IDOC. We want to continue on with that sentiment by sharing these tips below for those of you trying to co-parent through your incarceration. Co-parenting can be an extremely difficult task under even the best circumstances so we understand that doing it while being locked up is an uphill battle.

As with any relationship, communication is key and hopefully some of these tips can shed some light or give you some ideas on how to do that more effectively, especially if the relationship has been damaged by the stress and strain that comes along with doing a bit. We want you all to understand that we understand and that we want to help, so hopefully this does that in some way.

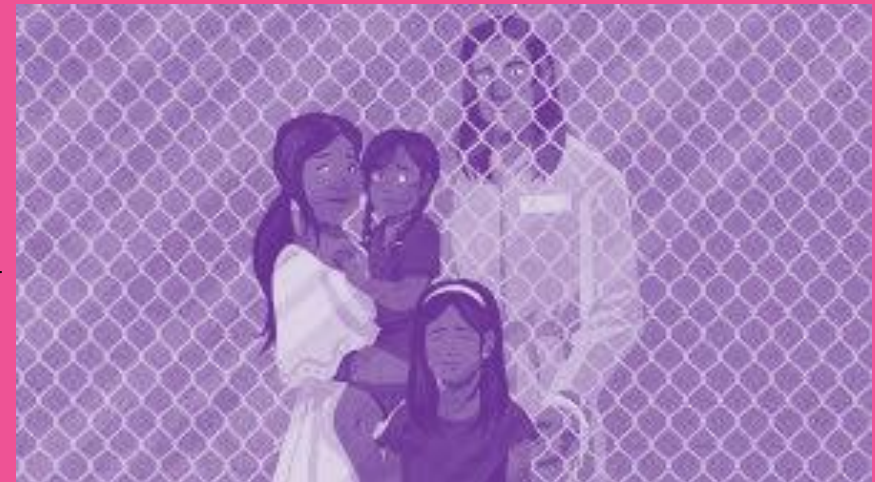
Once again, we want to hear from you, the parents, that have been doing things that work. You are the best teacher because you have experience, you may know what works and what does not and we want your voice to be heard, so please, write that down and send it to us. If you have taken the time to read this or any of the other articles then you should be very proud of yourself as it is just one more thing that shows your commitment as a parent and as someone who is engaging in restorative practices.

Tips for families with an incarcerated parent

Effective co-parenting can be a difficult process following separation or divorce. When one parent is incarcerated, more complex issues arise that can damage children's relationships with their parents.

Children are better off when both parents maintain relationships with them through regular contact and involvement. Despite many prisons' strict visitation policies, incarcerated parents should understand that their co-parenting relationship with the custodial parent will probably affect how much contact they have with their children. These useful tips can help incarcerated parents effectively co-parent and maintain a relationship with their children:

- Try to work with the custodial parent and discuss each family member's schedule. Parents who solve problems as a team tend to have lower stress levels.
- Be supportive of the other parent's efforts. The custodial parent might be trying their best to help the incarcerated parent stay involved in their children's lives. Incarcerated parents who express their appreciation of the custodial parent's hard work and empathize with them might have a more positive co-parenting relationship.
- Write letters, send photos and call children and primary caregivers when possible, all of which often lead to positive adjustment among children and incarcerated parents.
- Stay positive during visits with children and caregivers. Incarcerated parents who focus on their children's interests and needs instead of bringing up bad memories can build stronger bonds with their children.
- Keep a calendar of special celebrations in your children's lives. If children have an upcoming birthday, graduation, competition or recital, they might appreciate a letter or email from their incarcerated parent. In addition to "good luck" or "congratulations," incarcerated parents might want to tell their child how proud they are.





Young children in particular need consistent reminders of their parents' love and concern for them. They might also worry about their incarcerated parent, so let them know their parent is safe and that both parents love their children. Seek out information about parenting. Incarcerated parents might not have a strong relationship with their children but would like one. Ask if the prison has a parenting program for incarcerated parents or a library with books on the topic. Incarcerated parents and children might go long periods of

time without seeing one another. This is especially true if the incarcerated parent is far away. Parenting at a distance is difficult under the best of circumstances and complicated by incarceration.

These creative and fun activities can help incarcerated parents with long-distance parenting:

- **For toddlers through adolescents:** Look for fun and personalized items to write letters and notes on to send to the child. Such items might include pictures of things the child likes, their favorite color of paper, an item of the parent's that the child likes, or pictures of the parent and child in special or memorable locations. Consider cutting these personalized items into fun shapes.
- **For preschoolers and school-age children:** Ask children to cut out their favorite shapes and write down everything they are excited to do with their incarcerated parent when they are reunited.
- **For school-age children and older:** Make a list of reasons to be thankful and add meaningful things children do for their incarcerated parent. Send them those lists a few times each year.
- **For older children and adolescents:** Think of ways to help children accomplish their current or future goals.

PEER LED SHOWCASE

The Kewanee campus along with Kewanee Horizons wants to shine a light on the individuals that have taken it upon themselves and volunteered, not only to lead these classes, but to build the curriculum and advocate for the creation of many of the programs themselves. These men have dedicated themselves to bringing our community some amazing avenues for self-improvement. They have not only taken it upon themselves to invest the time and effort in improving their own prospects for the future, but an equal (sometimes more so) amount of time in affecting change in the future of the rest of the men who live here on campus. They serve as an example to all of us that with: effort, dedication, hard work and a generosity of spirit, great things can and do happen for us here on campus. Our hats go off to you. We hope to include more Peer Educators from other facilities throughout the state in future editions of the HORIZONS.

Mr. Halik Williams and Mr. Vincent Davis from **Danville C.C** currently lead a class called W.R.A.P.



BIG ROB'S ROOFING CLASS



Welcome back to another lesson from Big Rob's Roofing Class!
Today I'm talking about:

“Structural Factors in Roof Design”

A roof must withstand a great deal of weight and stress. To guarantee structural strength, the dead load and live load that a roof will bear must be considered in roofing design and construction. Roof rafters, ceiling joists, and a bracing such as collar ties and purlins are factors in roof strength.

“Dead Load”

The dead load is the weight of the materials used to construct a roof. Roof rafters, sheathing, insulation, and finish covering (such as shingles or build-up roofing) are included in the dead load.

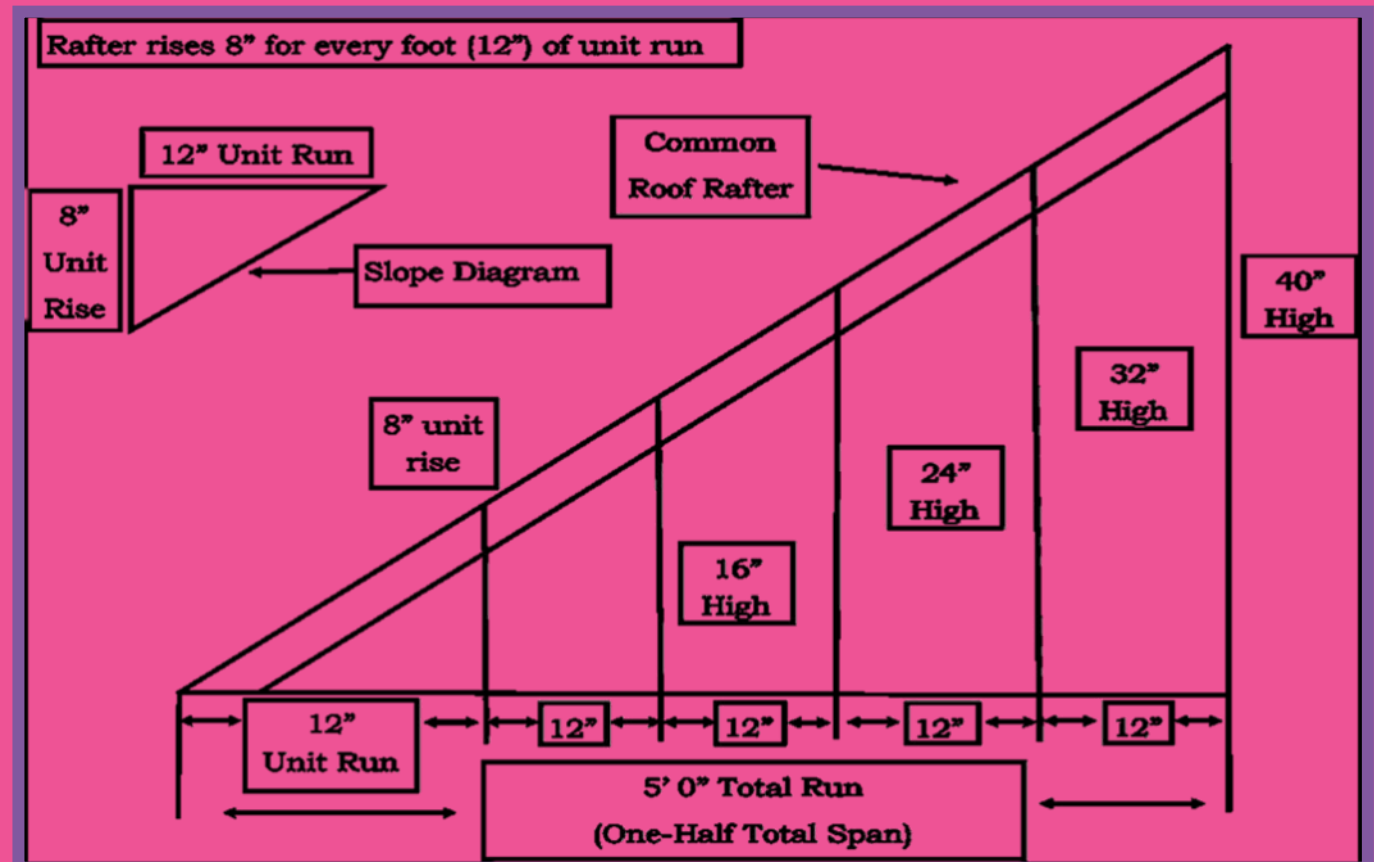
“Live Load”

The live load is the weight and pressure of wind and snow to which the roof will be subjected. In most parts of the United States, the combined wind and snow load for a pitched roof will not exceed 30 pound per square foot (30lb./58ft.). However, wind and snow loads differ from one part of the country to another, and local building codes reflect this difference.

Flat roofs do not shed snow as easily as pitched roofs. Therefore, in cold climates, flat roofs carry heavier snow loads. In the northern states, a flat roof is usually required to withstand a live load of 40 pound per square foot (40lb./sq. ft.).

“Allowable Rafter Spans”

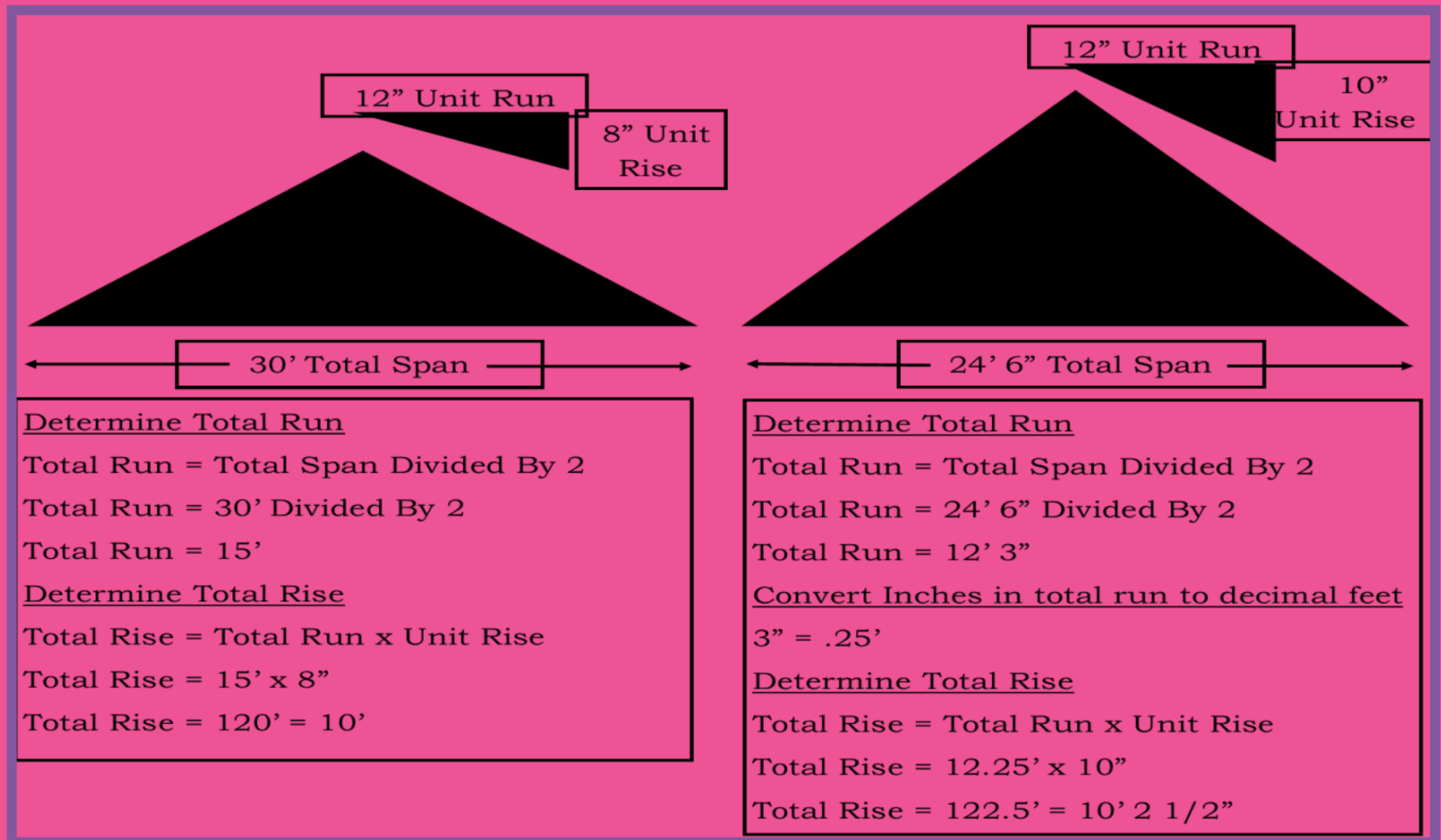
Dead and live loads have a direct effect on the allowable span of rafters used in a roof. The allowable span is the distance from the ridge to the outside wall plates. Rafters for low pitched roofs must be able to supports greater live loads than rafters for steeper roofs. Rafter



spacing and slope determine the allowable span. For example, 2"x 4" rafters spaced 16 inches on center (OC) have an allowable span of 8'-0" if the unit rise of the roof is less than 4" the allowable span is 9'-0" if the unit rise is 4" or more.

Next time we will be talking about ceiling joists, collar ties and purlins, and rafter and truss anchors here at "Big Robs Roofing Class"

Until then have a great month, stay positive and God Bless!



Barbershop Talk

Part 2: Getting Started




BY: Ja'Frai Bradshaw

Welcome back to the barbershop, you getting the same thing like last time? Being a barber involves more than just knowing how to cut hair. Here's a plan of action that will help lead us to our goal of becoming a licensed barber.



Being a professional of any kind begins with getting technical education you must have to perform your job. Most barber/cosmetology schools require you to have a high school diploma or GED, which is understandable because you would be working in a field that requires you to have some knowledge of measurements, symmetry, and chemical safety. You may be lucky enough that the facility you're currently at already offers a barber/cosmetology vocational class. If they don't and you're not able to transfer to a facility that does, you can enroll in a program once you're released. To find a school near you visit: Illinoisworknet.com website for a list of programs in your area. After fulfilling the educational obligations, you can then plan to schedule an appointment for your state exam. Don't worry, you can take a practice test online to be prepared for the official exam. Until you're able to attend a



class, I encourage you to continue to learn about and practice your craft. Ask for help to improve in areas you need; have your support system send you barber books/magazines. If you're already a skilled barber, lend your expertise to the next person because teaching others reinforces what you already know. So on that note I would like to shout out Arab, Ray, and Hood – a few guys I met while in Dixon C.C. who taught me a lot and challenged me to be better and get into the institutional barbershop. It's been said it takes 10,000 hours to become a master at a skill, but also, I recently got it approved for my work hours to be converted into the 1500 practical hands-on training hours required for school.

Next thing we need to figure out is how to pay for school. If you're attending a program while incarcerated, then the state pays for your education. Once you're released, paying for tuition is challenging. One option is wages from working a job and support from family/friends. Another option is getting a student loan from a bank that probably comes with a high interest, but do we really want to add to the list of our post-release responsibilities? Our best option would be state or Pell grants and scholarships, things we don't have to pay back. The financial aid office of the school you plan on attending should have information on these grants/scholarships you can apply for. You can also apply FAFSA (the free application for federal student aid) at fafsa.gov. You can have your counselor/social worker help you complete and submit this application 6 months before you're released because these financial aid funds are distributed on a first come – first served basis, what you qualify for is contingent upon how much income you earn and the cost of the school you want to attend. You could be offered a combination of grants, scholarships, and loans, but you don't have to accept the entire package, just the parts that best suit you.

Having a criminal conviction can sometimes prohibit you from getting a license/employment for various occupations, thankfully there's a solution with documents called "Certificates of Rehabilitation", which enable you to apply for jobs that require official state licenses. There are two types of Certificates of Rehabilitation: 1. Certificate of Relief from Disabilities (CRD) that allows you to become eligible for jobs you couldn't previously get with a conviction. 2. Certificate of Good Conduct (CGC) is similar but also allows you to run for public office. This is a free petition and gets filed with the Circuit Clerk if the county you were convicted in. There's a wait period to file, one year after probation/parole for misdemeanors, and three years after for felonies. Unfortunately, there are certain convictions that cause you to be ineligible but it is at the judge's discretion. For help obtaining a Certificate of Rehabilitation contact a legal-aid organization like: 1. Saf-erfoundation.org 2. Office of the State Appellate Defender (Illinois.gov/osad) 3. Chicago Volunteer Legal Services (cvls.org).

This is a good haircut for you; real clean around the edges. I appreciate you coming back. Make sure you slide on me again, gratitude.

"With regard to excellence, it is not enough to know, but we must try to have and use it."

-Aristotle



MENTAL HEALTH

Thank you to Mr. Kuster and Mr. Ross. They are KLSRC's mental health staff and they have gone above and beyond at every opportunity to help K.H. Bring this information to you.

For this volume's Mental Health pages we would like to take a moment to talk about healthy versus unhealthy coping strategies. Coping strategies are the actions we take either instinctively or with purpose to deal with stresses, problems, emotions etc. We can all admit that we have engaged in some unhealthy coping strategies. Sometimes these unhealthy strategies feel like the right thing to do because they are rewarded or they drown out the uncomfortable feelings we are struggling with, that is not the same as being right or healthy.

We know that the healthy things to do are not always the most comfortable things to do, that is why we stress the fact that maintaining good mental health is work. It is worthwhile work just like most positive things in life require work, and just like those other positive things in life, the more work you put into it the more you will get out of it. That is a real fundamental truth of life, every important thing requires work on your part if it is going to be beneficial to you. Physical health, relationships, education, personal finances... you can only benefit from all these things by doing the work! So, please, read the descriptions of healthy vs. unhealthy coping strategies and then **try the work sheet**. Try it at least once, going through the process with purpose and intention is the point. You may not enjoy it, but the results are beneficial, no cap.

MENTAL HEALTH

Unhealthy coping strategies

Examples:

- Drug or alcohol use
- Overeating
- Procrastination
- Sleeping too much or too little
- Social withdrawal
- Self-harm
- Aggression

Healthy coping strategies

Examples:

- Exercise
- Talking about your problem
- Healthy eating
- Seeking professional help
- Relaxation techniques
- Using social support
- Problem-solving techniques

Describe a problem you are currently dealing with:

Unhealthy coping strategies:

Consequences of unhealthy strategies:

Healthy coping strategies I do, or could use:

Expected out comes of healthy strategies:

Barriers to using healthy strategies:

How I overcome can those barriers:

THE BRAIN'S REWARD SYSTEM

REWARD PATHWAYS

When we do something that is important for our survival, such as eating when hungry, or having sex, neurons that trigger the release of the neurotransmitter dopamine are activated in the ventral tegmental area (VTA). These send signals to an area called the nucleus accumbens - a rush in dopamine here tells the brain this is a behavior that should be repeated. Neurons also send signals to the frontal cortex, which focuses attention on the beneficial activity.

ADDICTION

Most drugs of abuse cause huge amounts of dopamine to build up in the reward system - far more than natural rewards like food or sex. This creates a powerful drive to seek out more of the drug. It also causes the brain to reduce the number of dopamine receptors, so natural rewards no longer give the same sensation. This means the user loses the urge to seek out things like food and social engagement.

Instead, drug cues become powerful triggers for dopamine release , causing intense cravings, even when the user consciously wants to stop and no longer enjoys the drug.



STIMULUS

1

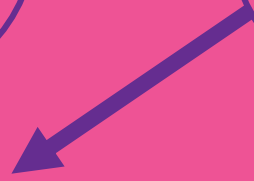
The initial stimulus can originate outside the body, such as the sight of food, or from within, such as falling glucose levels.



URGE

2

Dopamine released from the VTA to the nucleus accumbens drives us to seek out and work for the reward that is linked to the stimulus.



DESIRE

3

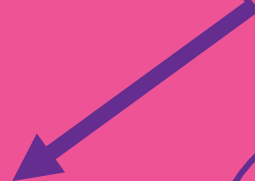
The urge may be registered as a conscious desire in the cortex, but sometimes it goes undetected, or even opposes our conscious desires.



ACTION

4

A region of the frontal cortex weighs the inputs and decides whether to seek the reward. The body then acts to reach it.



REWARD

5

The reward triggers parts of the brain known as “hedonic hot spots” to release opioid-like neurotransmitters, giving a sense of pleasure.



LEARNING

6

If the reward is better than expected, the brain releases more dopamine, strengthening the connection between stimulus and reward.

WANTING VERSUS LIKING

The reward pathway is often called a “pleasure pathway,” and dopamine a “pleasure chemical,” but this is not accurate. Dopamine in the nucleus accumbens drives “wanting” of a reward, but it is common for addicts to experience strong cravings without liking the effects of the drug. Pleasure is likely to be caused by other neurotransmitters such as opioids or endocannabinoids.

1, 11, 21, 1211,
111221, 312211,
_____?

What is next in this sequence
of numbers

1

JANUARY



NOVEMBER



APRIL



During which month do
people sleep the least?

2



Four people arrive at a river with a narrow bridge that can only hold two people at a time. It's nighttime and they have one torch that has to be used when crossing the bridge. Person A can cross the bridge in one minute, B in two minutes, C in five minutes, and D in eight minutes. When two people cross the bridge together, they must move at the slower person's pace. Can they all get across the bridge in 15 minutes or less?

3



In my hand, I have two coins that are newly minted. Together, they total 30 cents. One isn't a nickel. What are the coins?

4

BRAIN TEASERS

1.) Answer: 13112221. Each sequence of numbers is a verbal representation of the sequence before it. Thus, starting with 1, the next sequence would be "one one," or "11." That sequence is followed by "two one," or "21," and so on and so forth.

2.) Answer: February (there are usually fewer nights in February).

3.) Answer: Yes, they can cross in exactly 15 minutes. The group of four must follow these three steps.

First, A and B cross the bridge and A brings the light back. This takes 3 minutes.

Next, C and D cross and B brings the light back. This takes another 10 minutes.

Finally, A and B cross again. This takes another 2 minutes.

4.) Answer: A quarter and a nickel.



DIXON PERFORMING ARTS



BY: Jesse B. Martinez @ Dixon C.C.

The Dixon Performing Arts (DPA) program is run by a group of IIC's, serving as facilitators. Their purpose is to create original content that helps develop the character of the program's participants while also addressing the trauma they may have experienced.

The DPA's motto is "Transformational Therapeutic Rehabilitation through the Arts."

When I was asked to be a 'Project Manager' for the upcoming show we planned to present for Hispanic Heritage Month, I was thrilled at the opportunity and embraced the challenge. Challenges indeed: more so due to staff shortages, quarantines, and the many distractions environments such as ours tend to produce, with so much idle time and nothing really to look forward to on a daily basis; but chase a phone to maybe "escape" one's reality. Even if it's in intervals of just 20 minutes at a time.

There are many forms of escapism. Unfortunately, the negative ones outnumber the positive ones. As 'Project Manager' there was no way to predict what would transpire, even though I've have had other experiences in writing skits, plays, producing shows, facilitating groups, and classes on other campuses. I figured, "okay, we'll just need to figure out the logistics: from the arrangements, structure, acts, performances, etc. Low and behold, it was so much more than that.

There was bonding and connecting with other like-minded individuals. People wanting to be part of something greater and bigger than their circumstances,, with the intent of doing something positive and productive. Sacrificing yard, dayroom, and phone time, to come

together with others in a room with no AC, but determined to see our mission through. Putting on a show for us, by us.


Some individuals are picked because of their creativity. Rather they know how to sing, rap, act, perform, play an instrument, write poetry, etc. Some are just chosen by the DPA because of something seen in them. “Potential”, for everyone has it. Sometimes, it may take the right amount of encouragement to inspire and motivate someone. Or, simply provide people the opportunity and the platform to freely express themselves creatively.

As ‘Project Manager’, it was my responsibility to figure out our performances, so that entailed a lot of research and group discussions. During these discussions, we soon realized we were learning many things about our culture and history we did not know. I felt that a sense of bonding and pride had developed amongst the 15 of us while working on this project. Because of how much we were learning, we decided; collectively, to make the show not only entertaining but also informative.

The theme for Hispanic Heritage Month. 2022 is: “Unidos: Inclusivity For A Stronger Nation.” We, as Latinos, celebrate HHM from Sept. 15 through Oct. 15, to recognize the achievements and contributions our Hispanic community has had and will continue to have here in the USA and all over the world.

HHM began being observed in the USA in 1968 as Hispanic Heritage Week, under President Ronald Reagan in 1988 to cover a 30 day period.

The timing of HHM (Sept 15 – Oct 15) coincides with the Independence Day celebrations of several Latin American nations. “5 Central American Neighbors” as President Johnson called them – Costa Rica, El-Salvador, Guatemala, Honduras, and Nicaragua declared independence from Spain on Sept. 15 1821 – Mexico declared its independence from Spain Sept. 16 1810. Chile also celebrates its independence that week and year – 1810.



As we began assigning roles and responsibilities, and decided to perform a poem written by Rudolpho “Corky” Gonzales called, “I am Joaquin”, I began to notice the sense of pride it produced along with the eagerness to learn and willingness to try new things which takes courage to get up in front of others. In those first days, needless to say, it showed. But everyone came back; rehearsal after rehearsal, and gave it their all. At times, I was concerned but knew “the beauty in creativity isn’t perfection, it is passion.” So I would remind everyone to dig deep and commit. Trust the process and have fun with it.

I recall Jose’s concern of having broken English or Julio’s concern of having too much of an accent. I was overcome with humbleness as I responded to their concerns, letting everyone know this was exactly what we wanted and needed to fully and accurately depict who we were as Latinos/ We come in all shapes and sizes, colors and accents. So, that authenticity is exactly what we needed to capture and cultivate. I noticed my response brought some relief but also some orgullo/pride.

Having this opportunity afforded me the chance to give others an opportunity to feel the joy received from building and creating moments that’ll last a lifetime. Being able to tap into your potential and express yourself in a free and creative way is another form of escapism. There are many negative forms, but, if you can just take that leap of faith and try something new that’s positive and productive, it’ll be worth it and rewarding. You may even discover hidden talents.

Big shout out to DPA and everyone involved in putting this show together for Hispanic Heritage Month.

“I have learned that success is to be measured not so much by the position that one has reached in life, as by the obstacles which one has overcome while trying to succeed.”

-Booker T. Washington

Here are a few very basic terms from a stock market handout that we received from one of our staff members. We wanted to include much more information than this because we know how important financial literacy is for making a successful reentry back into free society. We all miss Mr. Kennedy's Market Corner articles and we hope to have a new article soon (maybe next volume, fingers crossed!)



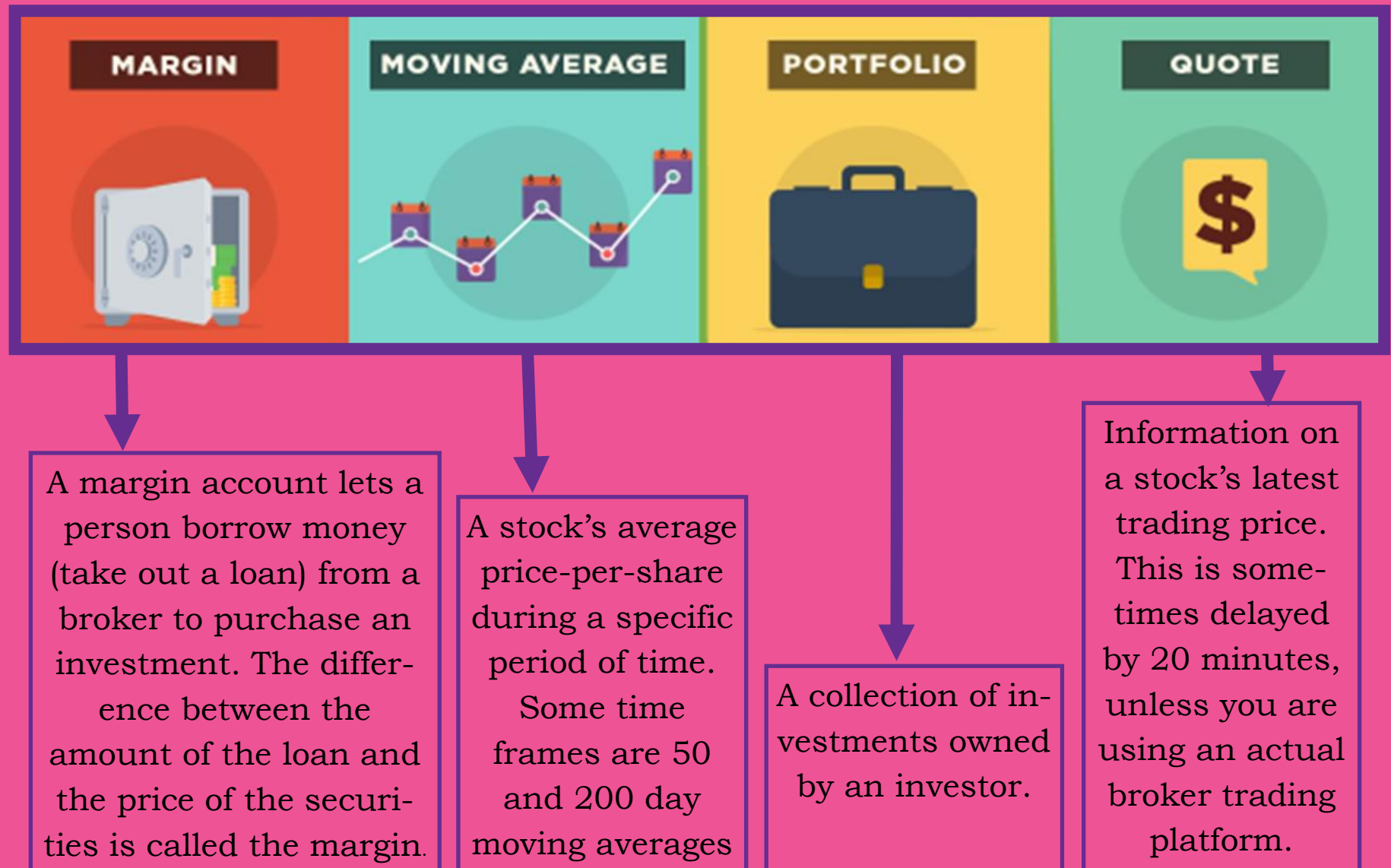
The practice of buying and selling within the same trading day, before the close of the markets on that day.

This is a portion of a company's earnings that is paid to shareholders, the people own that company's stock, on a quarterly or annual basis.

An exchange is a place in which different investments are traded. The most well-known in the United States are the New York Stock Exchange and the NASDAQ.

When an order to buy or sell has been completed. If you put in an order to sell 100 shares, this means that all 100 shares have been sold.

We hope that you are able to utilize the information offered here. One of the most fundamental truths that our peer led financial lit guys like to say is that you can't be free until you own your own.

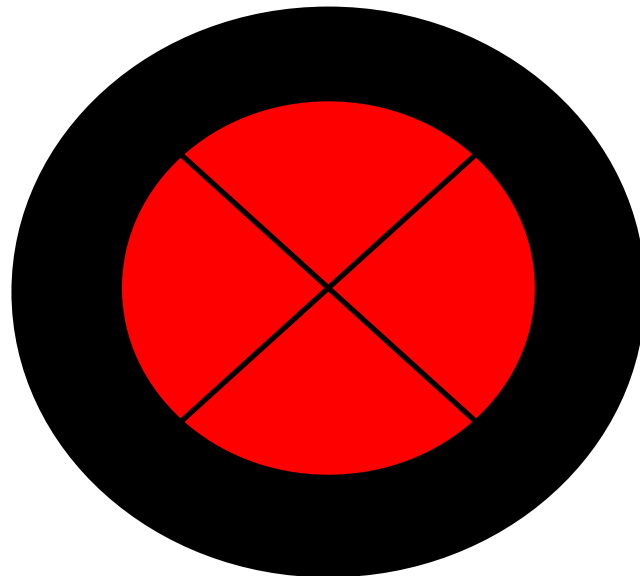


KH MEMES

**ME MAKING MY COMISSARY
LIST KNOWING DAMN WELL**

**THEY STOPPED SELLING
EVERYTHING I'M LISTING**

PAGE FAILED TO LOAD
PRESS HERE TO RELOAD
THIS PAGE



THE ADVENTURES OF J-DAWG ?



HERE AT
LOGAN WE
RUN A DOG
TRAINING
PRO-
GRAM...

...OR AT
LEAST WE
TRY TO!!

J-DAWG!
GET
BACK
HERE!



HOROSCOPES



ARIES: Be ready to act on an unexpected opportunity to improve your job, the appearance of your workplace, or relations with co-workers. You might suddenly entertain at home today.

TRANSLATION: They're gonna hire you for that cell house help job... they see how clean you keep that cell, they know wassup!



TAURUS: Be ready to accept a surprise invitation today. This could be a wonderful social function, a fun lunch, a movie, a party, a sports event or something. Woot! Get out of bed and get dressed!

TRANSLATION: Accept K.H.'s invitation to send us an article!



GEMINI: You might spontaneously entertain at home today. (Plan ahead and have good food and drink on hand.) Pleasant news from a family member might please you. You might buy something impulsively for your home. Tonight: Entertain!

TRANSLATION: Bust down them saltines you been saving, we cookin' pizzas tonight!



CANCER: This is a restless, fun-loving day full of potential opportunities! Get showered and dressed to be ready to move in any direction. Meanwhile, you're restless and ready for anything!

TRANSLATION: Shave your face you got a surprise visit on the way.



VIRGO: Today you want to do something different because you're bored with your daily routine. Seek out new people and different forms of entertainment. Why not add some sizzle to your life!

TRANSLATION: Sign up for that chess tournament, your game has been on point lately!



LIBRA: You might surprise people in an unexpected way today because you are high-viz. People notice you. Something going on behind the scenes might please you, and you might make an announcement about it. Bosses and authority figures are unpredictable.

TRANSLATION: That new haircut you got is bogus...stick with your usual barber from now on..



SCORPIO: A sudden chance to travel might fall in your lap today. If so, act quickly, because this window of opportunity will be brief. There is a good chance you will meet a new and unusual friend today. Groups to which you belong will be the source of a pleasant surprise. Tonight:: Enjoy friends.

TRANSLATION: That transfer you put in for just got approved! Get ready tho, dude next to you on the bus is a straight weirdo!



SAGITTARIUS: A boss, parent or someone in a position of authority might do something that surprises and pleases you today. You might be offered an opportunity, a raise, praise or some kind of commendation.

TRANSLATION: You finally gonna get promoted out of that dish room, homie! Or, are you taking that manager position at 5 below?



AQUARIUS: This is an excellent day to ask for a loan because financial doors will open for you. The wealth and resources of others might be suddenly available. You might receive an inheritance or a gift. This could be related to something unexpected in your job.

TRANSLATION: Being on C-grade sucks bro... don't worry, a care package is on the way!



PISCES: A surprise invitation might delight you today. Certainly, you will enjoy yourself in a way you did not expect to. Get dressed and be ready to trip the light fantastic! Be ready to party! Likewise, sports events might have a surprising turn!

TRANSLATION: The Bears are actually gonna win for once, this calls for a celebration!



LEO: Keep your pockets open, because financial opportunities might suddenly appear today. You might see a better paying job or a way to boost your income. Conversely, you might spontaneously buy something because you can't resist it. This is a restless, fun-loving day!

TRANSLATION: It's store day and you just got off B-grade.. Time to splurge, shorty!



CAPRICORN: A wonderful opportunity to travel somewhere might pop up today. If this happens, you will have to act quickly to take advantage of it. A close friend or partner might surprise you.


TRANSLATION: You're homie is getting you moved in the cell with him!

STATEWIDE CALLOUT

Greetings to you all once again. It is an honor and a very real privilege to all of us here at **K.H.** to be able to speak to you through this project. We promise that we have been working hard and we will continue to do so. **Horizons** is important to us and we hope you are enjoying it. We really need your help to continue to produce on a regular basis. We need your voices, we need your thoughts, we need your support. This is put together for the sole purpose of bringing our community together in the spirit of positivity. We firmly believe that we (ourselves and you) can make some amazing things happen. We believe that by highlighting the best things we do, we can change the narrative of who prisoners are in Illinois and everywhere. You need to be a part of this.

Many of us are asking society to look past our worst decisions in life, not to ignore them, but to allow us to begin to make some positive changes in our lives, in our environment, and in ourselves. A friend of ours, a Lifer, once told us that the cynical mindset of “No. Nope. And That ain’t gonna work.” is the laziest thought process one can engage in. It takes work to put yourself out there and buy in to the possibility of positive change in all aspects of our lives. The same way it takes work to write an article or a piece for **K.H.** and get it sent to us here at KLSRC, but we need it and we appreciate it.

We have some simple guidelines we’d ask you to try and utilize, not because we don’t appreciate whatever else you might try and put together (we do), but because we have a specific vision for how we see **K.H.** interacting within our community and within



the larger communities we are a part of. We see our mission as being one of Restorative Justice with an emphasis on building community. Therefore we'd ask that your submissions focus on those ideals, what is the community doing to affect you in positive ways and what are you doing to affect the community in positive ways? This could focus on groups you are in, classes you have taken, some outreach programs you are participating in or something you have seen others doing that you'd like to shout out in a big way. You can let us know how you'd like to be identified as the writer: credited or uncredited, with your picture (if possible?) or without, anonymously, by your facility, age, gender, or whatever is reasonable.

- How does the subject you are writing about impact your community?
- How have you been impacted by the subject you are writing about?
- How did it get started?

We are trying to keep the guidelines as open ended as possible while maintaining the integrity of what we feel **K.H.** should and can be.

THANK YOU FOR TAKING THE TIME TO READ THIS, FROM ALL THE
GUYS WHO WORK ON KEWANEE HORIZONS.

THANK YOU TO ALL THE PEOPLE BEHIND THE SCENES WHO HAVE
HELPED, EVERYDAY, TO MAKE THIS POSSIBLE

MAILING US SUBMISSIONS

The address for **Kewanee Horizons** is:

Kewanee Horizons Editor, KLSRC

ATTN: EFA Mr. Warnsing

2021 Kentville Rd.

Kewanee, IL 61443

Here is a quick list of DO's and DO-NOT's:

- **DO** try to have someone official from your facility contact EFA Mr. Warnsing before you send anything through the mail, they may be able to e-mail it directly to him at:
doc.kewaneehorizons@illinois.gov
- **DO** try to stick within the ideals we have tried to promote in your article, namely Community and Restorative Justice principles, i.e. how the subject of your piece is community related and affected, stay positive
- **DO NOT** expect to have whatever you send, however you send it, returned to you under any circumstances
- **DO NOT** write to any individuals in custody at **Kewanee Horizons** directly, or indirectly if you are in prison, incarcerated, locked up, doing a bit or anything in that direction
- **DO** write to or e-mail our liaison E.F.A. Mr. Warnsing if you are a free person in the free world and would like to submit something for possible publication
- **DO** understand, your submission is not guaranteed publication in **Kewanee Horizons**, we have internal and external guidelines that we adhere to

LOGAN AND DECATUR

K.H. NEEDS YOUR VOICES

We here at **K.H.** realize that we lack consistent content from our incarcerated and/or free sisters. Your voices are important and necessary to represent our entire community. We encourage you to send us articles about accomplishments (SEE DO'S AND DON'TS) or send us some art, poetry, creative writing etc. Feel free to include a picture with your submissions.

We want to thank and congratulate *Amber "Coco" Cannella* from Logan C.C. and *Tammy Englerth* from Decatur C.C. on being our **FIRST Female Kewanee Horizons** contributors.



"One Day"

By: Tammy Englerth

One Day it won't hurt so bad and I'll be able to smile again.

One day the answers to "why" or "what" won't be so important.

One day I'll be able to use what your death has taught me to help others with their grief.

One day I might be able to know how it feels to be loved.

One day I will be able to live a normal life.

One day maybe tomorrow, I'll learn to accept the things I cannot change...

One day and most of all I will be home with my children but for today...

I will cherish life and all the things life has to offer.

KEWANEE HORIZONS NOW HAS ITS VERY OWN EMAIL ADDRESS!

doc.kewaneehorizons@illinois.gov

**TELL YOUR FAMILY AND FRIENDS TO SCREENSHOT THIS PAGE
AND SHARE IT TO THEIR SOCIAL MEDIA WITH THE HASHTAG:**

#KEWANEEHORIZONS

THEN LIKE AND SHARE THE POST!



AND DON'T FORGET TO CHECK US OUT ON THE IDOC WEBSITE!

IDOC HOME PAGE → CLICK "ABOUT" → CLICK "NEWS"